

## Claims

1. A promoter for increasing plasma volume containing as an active ingredient a gel composition  
5 comprising the following components and having a pH in the range of 3 to 4:

Protein that does not coagulate at pH 3 to pH 4

	3 - 8 wt.%
Calcium	0.1 - 0.5 wt.%
10 Acids	0.5 - 3 wt.%
Carbohydrate	4 - 20 wt.%
Fat	0 - 5 wt.%
Emulsifying agent	0 - 0.5 wt.%
Agar	0.1 - 1 wt.%
15 Water	65 - 90 wt.%

2. The promoter according to claim 1 wherein the gel composition further comprises 0.1 to 20 wt.% of at least one masking agent selected from the group consisting  
20 of fruit juice, fermented milk, hard-to-digest dextrin, hydrogenated resistant maltodextrin, nigerooligosaccharide and trehalose.

3. The promoter according to claim 1 or 2  
25 wherein the gel composition further comprises vitamin D in

an amount of  $0.1 \times 10^{-6}$  to  $10 \times 10^{-6}$  wt.%.

4. A food containing the promoter of any of  
claims 1 to 3.